

Pasta Vegetable Salad

Meal Components: Vegetable, Grains

Breads, Salads, E-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cups		1 gal 3 qt	1. Heat water to rolling boil. Add the salt
Salt		1 Tbsp 1 1/2 tsp		3 Tbsp	
Enriched pasta spirals	12 oz	1 qt 2 Tbsp	1 lb 8 oz	2 qt 1/4 cup	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. Drain well. Rinse under cold water. Drain well.
OR	OR	OR	OR	OR	
Enriched pasta shells medium	1 lb	1 qt 2 1/8 cups	2 lb	3 qt 1/4 cup	
Frozen mixed vegetables, thawed and drained	1 lb 7 oz	3 cups	2 lb 14 oz	1 qt 2 cups	3. In a bowl, combine pasta, mixed vegetables, broccoli, pepper, and salt. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 2 lb 6 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2").
OR	OR	OR	OR	OR	
Canned mixed vegetables, drained	1 lb 2 1/2 oz	3 1/4 cups (1 No. 2-	2 lb 5 oz	1 qt 2 1/2 cups (2	

Frozen chopped broccoli, thawed and drained	1 1/2 cups 2 Tbsp	1 lb 6 oz	3 1/4 cups
Ground black or white pepper	1/2 tsp		1 tsp
Salt	1/2 tsp		1 tsp
Italian Dressing (see E-17)	1 cup		2 cups

4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

5. Mix lightly before serving. Portion with No. 8 scoop (½ cup).

Serving	Yield	Volume
½ cup (No. 8 scoop) provides ½ cup of vegetable and the equivalent of ½ slice of bread.	25 Servings: 4 lb 12 oz 50 Servings: 9 lb 8 oz	25 Servings: 3 quarts ½ cup 2 pans 50 Servings: 1 gallon 2 ¼ quarts 4 pans

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Nutrients Per Serving					
Calories	137	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol		Calcium	16 mg
Carbohydrate	16 g	Vitamin A	1506 IU	Sodium	137 mg
Total Fat	7 g	Vitamin C	12 mg	Dietary Fiber	2 g